

Facts About HIV and HIV Testing

What is the HIV test?

The HIV test is a blood test. A health care worker takes a blood sample from your arm and sends it to the lab. In about two weeks you get the results from the place that gave you the test.

What do the results mean?

If you are HIV positive, that means you have HIV antibodies in your blood. If there are no antibodies, the test is HIV negative – for now. It can take up to 6 months after you get the HIV virus for antibodies to show up in your blood. If you have had a recent chance of getting the HIV virus, then you need to get another test in 6 months. Talk this over with your health care worker.

Should you get the test?

If there is any chance you may have the HIV virus then you should get the test. Just because you look healthy does not mean you are healthy. You may have the HIV virus and not know it. You should get tested if:

- ♣ You use alcohol or drugs.
- ♣ You've had a STD (sexually transmitted disease).
- ♣ You've been forced to have sex.
- ♣ You've had sex without a condom, or your partner has had sex with someone besides you.
- ♣ You or your sex partner was given blood before 1985.
- ♣ You are thinking about having a baby.

If you are HIV positive, medical care can help you live healthier and longer.

If you are thinking of getting pregnant, getting an HIV test is very important. Knowing if you have HIV will help you know the risks of passing the virus on to your baby. If you are pregnant -- knowing if you are HIV positive will help your doctor make the best decisions about the care of you and your baby. New drugs can cut the risks of passing the virus to the baby, but there is still some risk.

If you test negative

Talk to your health care worker about having another test in 6 months. Then:

- ♣ Use condoms EVERY TIME you have sex.
- ♣ DO NOT use needles that have been used by anyone else.
- ♣ Get all the information you can about how to keep from getting the HIV virus.

If you test positive

- ♣ Get medical care NOW!
- ♣ AVOID HAVING SEX OR USE A CONDOM EVERY TIME YOU HAVE SEX.

This will lessen the chance that you will pass the virus on and that you will get an STD. If you are HIV positive, it will be easier for you to give and get any kind of sex disease.

IF you test HIV positive: that does NOT mean you have AIDS. The HIV virus weakens the immune system. When that happens, your body cannot fight off infections or disease. Later, AIDS can result. There is much that can be done now to give hope to those with HIV.

If you are HIV positive

Sadness is normal. Finding out you are HIV positive can cause pain, confusion and sadness. You are not alone. There are many places where you can get help. Your health care worker can tell you about them. Not only can you get medical help, you can get help with your feelings too.

Can you give HIV to your family and friends?

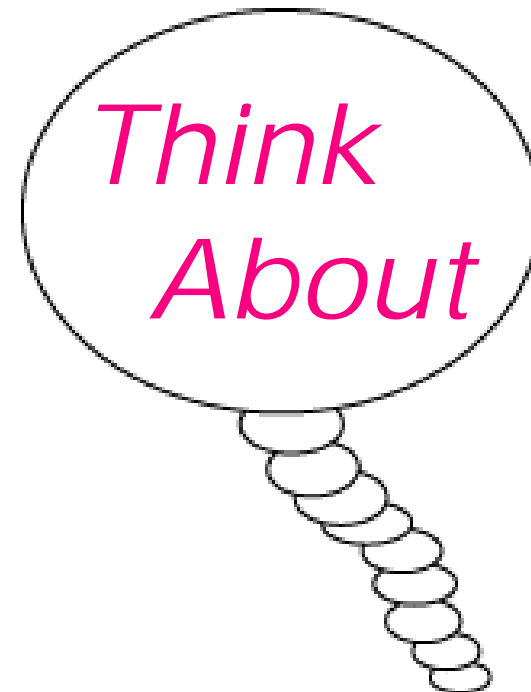
No – not with casual contact. HIV is passed on through sharing needles and by having unprotected sex. Touching, hugging or eating with your friends or family will not spread the HIV virus.



Make a plan
Protect Yourself

*While you are waiting,
here are
some things*

*Just for
you to ...*



Thanks for coming to see us for your exam!

*Please answer the following
questions and let the nurse know
when you are finished.*

*Even though you don't want to even
think about getting pregnant now –*

You DO need to . . .

THINK ABOUT SEX

Think about sex as Your Decision.
No one should talk to you into or force
you to have sex.
If you want to
know how to say
“NO!”
— Check here

Think about
talking to your
family about your
sexual feelings.
Sometimes they
can help.

The **ONLY**
way to keep
from getting
a sex
disease
is to stop
having sex!

A way to be
safer while
having sex
is to use
a condom
(rubber)

EVERY TIME!

THINK ABOUT BIRTH CONTROL

Which one do you plan to use?

Circle it

Saying “No”
Sterilization
The Pill
The Shot
Norplant

Diaphragm
Condoms (Rubbers)
Foam and Condoms
IUD
Natural Family Planning

THINK ABOUT FOLIC ACID

Folic Acid is one of the B vitamins. ALL
women who ever want to have a baby
need to take folic acid. This vitamin may
help to keep a future baby from having a
birth defect called spina bifida.

- ⌘ Take a multivitamin every day **and**
- ⌘ Eat foods that have folic acid in them.

*If you want more information about folic acid
foods*

— **Check here**

THINK ABOUT TAKING CARE OF YOURSELF

- ⌘ IF you smoke –
TRY TO STOP.
Do you want
information on how
to stop smoking?
— Check here

- ⌘ IF you think you
have an alcohol or
drug problem. Do
you want help?
— Check here

- ⌘ Have you been hit,
kicked, slapped or
hurt by anyone
close to you in the
past year? If you have – please let us
know.
Living with abuse is not really living at all.
Do you need help to live a safer life?
— Check here

**Ever tried to
stop drinking
or using
drugs and
couldn't?**

*Have family or
friends ever
been bothered
by your drug or
alcohol use?*

*If **YES**, you
may need help.*

If you are 40 or over get a mammogram.
Want some information on mammograms?
— Check here

While you're thinking...

**If you THINK you WANT to get pregnant —
let us know — we are here to help you
plan ahead!**

What can we help you with today?

Please tell us what problem you would
like to discuss with the nurse.
Write here:

You need to know

Clinic Telephone Number

Birth control supply appointment

Next exam due

Remember to think about

1. _____
2. _____
3. _____